



UNHEALTHY
FOR MIND
AND MOUTH



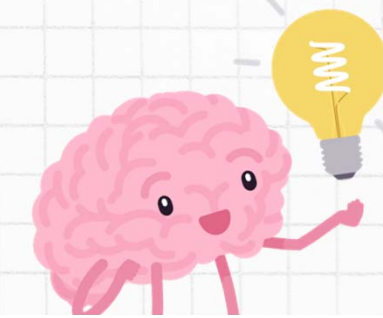
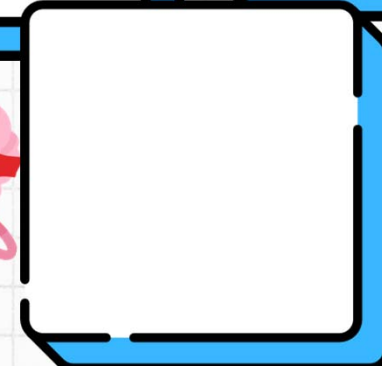
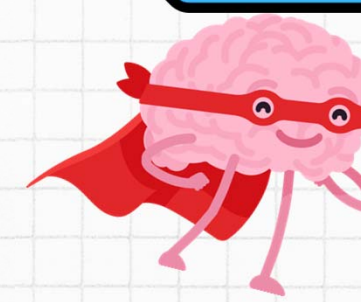
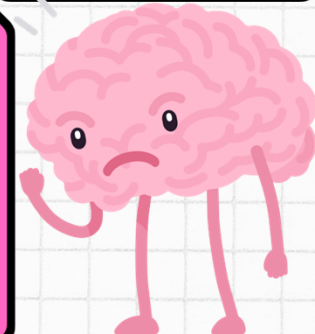
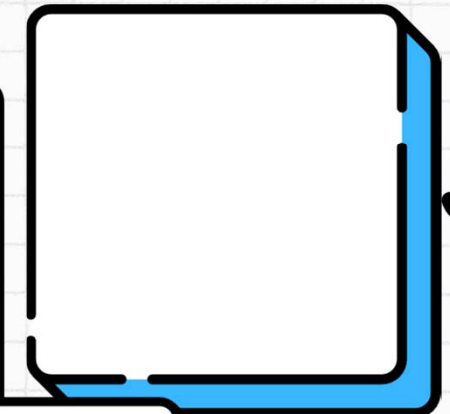
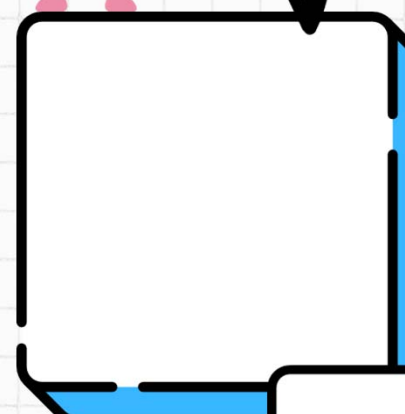
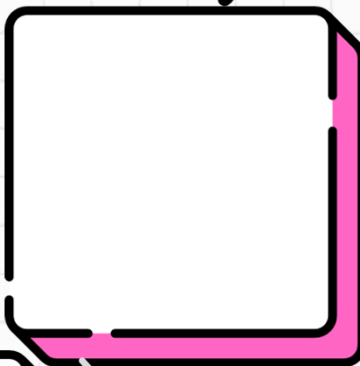
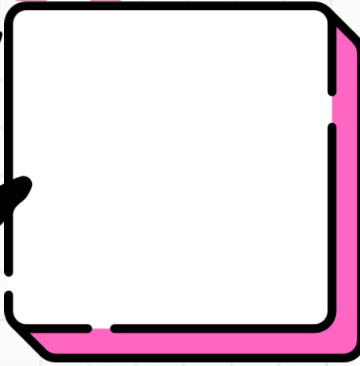
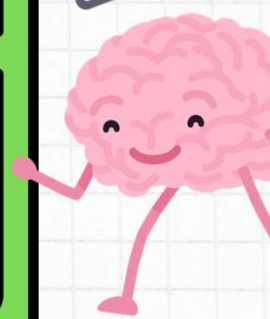
جامعة بيروت العربية
BEIRUT ARAB UNIVERSITY



World Oral
Health Day
20 March



HEALTHY
FOR MIND
AND MOUTH



**REGULAR
DENTAL VISITS**

**EATING CRUNCHY
FRUITS & VEGGIES**

**USING FLUORIDE
TOOTHPASTE**

**DRINKING
WATER**

MEDITATION

NAIL BITING

SMOKING

**CLENCHING
TEETH WHEN
STRESSED**

**DRINKING
EXCESSIVE
COFFEE/SODA**